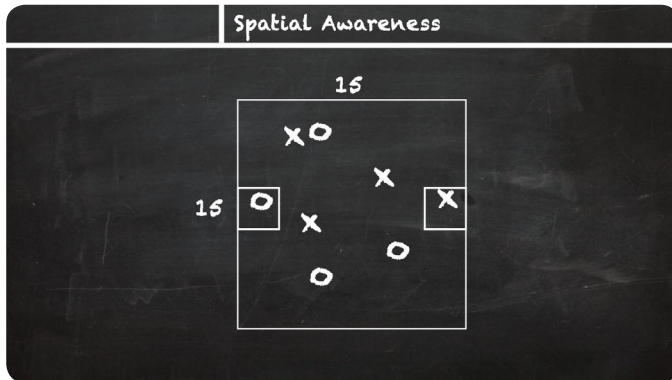


SPATIAL AWARENESS

SESSION MAKING RUNS		PLAYERS 6 – 16
AREA 15 X 15	AGE ALL	TIME 20 MINS



KEY FACTORS

Identify space

Change of pace, slow then fast

May need to make 2 or 3 runs
to get into space to receive

Patience

SET UP: 2 teams of 3 players. Each team has 1 ball per team. At each end there is a small boxed area with 1 player in each box to act as a bounce player. Each team must progress from box to box by making passes between teammates. When a team reaches the box, they pass the ball to the bounce player and then repeat the drill in the opposite direction. Then take 1 ball out and work one team. Pass and move into space encouraging teammates to make runs to receive the pass or create space.

PROGRESSION: Score a point by getting the ball from one end to the other.

SKILL DEVELOPMENT: Passing safe side, communication, control, interchange, body shape.

NOTES